

Grade Four

Students in grade four learn and apply health skills to the following health areas: disease prevention, nutrition, healthy relationships, use of tobacco, and use/abuse of alcohol. Students begin to recognize the existence of myths related to health information, distinguish fact from fiction, and set simple goals for promoting personal health and preventing disease. Students assume personal responsibility for helping promote health at school and in the community.

Knowledge and Skills

- 4.1 The student will explain how nutrition affects personal health and academic achievement. Key concepts/skills include
 - a) the nutrients needed for proper brain functioning;
 - b) the components of a balanced meal;
 - c) the effects of malnutrition;
 - d) the impact of growth and development;
 - e) the impact of fats, carbohydrates, and proteins on physical performance.
- 4.2 The student will develop the skills necessary for coping with difficult relationships. Key concepts/skills include
 - a) development of refusal skills;
 - b) identification of bullying and aggressive behaviors;
 - c) development of coping skills;
 - d) recognition of harmful or abusive relationships;
 - e) practicing self-control.
- 4.3 The student will describe and evaluate the effects of alcohol, inhalants, tobacco, and drug use on the family and community. Key concepts/skills include
 - a) the impact on self, family, and community;
 - b) the long-term consequences of drug use;
 - c) acts of violence and the use of weapons;
 - d) laws related to illegal alcohol and tobacco use.
- 4.4 The student will demonstrate an understanding of health concepts and behaviors that prevent illness of self and others. Key concepts/skills include
 - a) the body's defenses;
 - b) the spread of germs (viruses, bacteria, and fungi);
 - c) the difference between communicable and noncommunicable diseases;
 - d) the importance of early detection of health problems;
 - e) the role of regular physical activity.

Information Access and Use

- 4.5 The student will access and use health resources to improve personal and family health. Key concepts/skills include
 - a) the use of health care agencies, printed materials, broadcast media, Internet, and audiovisual materials;
 - b) identification of accurate and inaccurate health information.

Community Health and Wellness

- 4.6 The student will evaluate his/her role in solving community health problems. Key concepts/skills include
 - a) personal responsibility for exhibiting healthy practices within the school and community setting;
 - b) the benefits of volunteerism.
- 4.7 The student will understand the importance of communicating with family about personal and community health issues. Key concepts/skills include
 - a) identification of obstacles and solutions to communication;
 - b) assistance from a trusted adult when in unsafe or uncomfortable situations.